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THE HILLTOP

The Daily Student Voice of Howard University

VOLUME 92, NO. 99

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Wednesday, February 25, 2009

**Wednesday's
Notebook****NATION & WORLD**

DO YOU KNOW ALL OF YOUR AFRICAN-AMERICAN LEADERS? READ ABOUT THOSE THAT LED THE WAY FOR US ALL.

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SPORTS

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Members of British Embassy to Discuss History

BY OMARI EVANS
Staff Writer

Members of the British Embassy will be at the Ralph Bunche Center today from 2-4 p.m. to discuss a range of topics from the US-UK transatlantic relationship to the new Obama administration.

The main speaker of the event will be Dominick Chilcott, deputy head of Missions at the British Embassy. Other members of the British Embassy will also be in attendance to describe what it is like working there. In addition, three other

members of the British council will be there to share their thoughts.

Ambassador Horace Dawson, director of the Ralph Bunche Center, will also be at the event to introduce Chilcott.

Chilcott plans to deliver a speech about black history's relevance in today's world, share his thoughts on the new Obama administration and current international relations between Iran, Iraq and Afghanistan.

There will also be an opportunity to get information about the Marshall Scholarship, a scholarship program fund-

ed by the U.K. government.

The program annually awards 40 scholarships a year to the brightest U.S. undergraduates to travel to the U.K. and study abroad. Eddie Burke, a member of the British Embassy's publicity team, said the program is rigorous and that a student would have to apply through their academic institutions.

Applicants need a 3.7 GPA to qualify among other requirements. Undergraduates can apply to do a two-year scholarship program and then for third year funding after the first year, which can also lead to graduate study.

"[The event] will give a better awareness of what the British Embassy does," Burke said. "And will also enable people to understand life of a foreign diplomat and will give them a better awareness of the US-UK special relationship."

In 1946, former U.K. Prime Minister Winston Churchill coined the phrase "special relationship" in foreign policy.

Regarding the US-UK special relationship, the two powers have shared military power, intelligence and technology and have close political, diplomatic, cultural and historical ties to one another.

In World War II, the U.S. and the U.K. integrated their military power. Also, the United States is currently the largest source of Foreign Direct Investment to the U.K. economy.

At the same time, the U.K. is the largest single investor in the U.S. economy. During his speech, Chilcott may tie in how this special relationship relates to black history.

There will be refreshments at the event, including tea and coffee breaks.



President Barack Obama delivered his first State of the Union address on Tuesday evening, discussing future goals for the economy.

State of the Union Witnessed Personally by Undergrad Trustee

BY JADA SMITH
Nation & World Editor

In his first address to a joint session of Congress, President Barack Obama gave a State of the Union address to millions of viewers, hoping to strengthen the American people's faith in the future of their country.

"But while our economy may be weakened and our confidence shaken," Obama said during the address. "Though we are living through difficult and uncertain times, tonight I want every American to know this: we will rebuild, we will recover and the United States of America will emerge stronger than before."

Undergraduate Trustee Victoria Kirby was personally invited to attend Tuesday's State of the Union address by

the First Lady, Michelle Obama.

Two weeks ago, Kirby introduced the first lady at an event in the School of Business auditorium. She said it was in that brief time that she spoke with First Lady Obama that set the stage for her to be invited to watch the 44th president deliver his first joint congressional address.

"I don't know what she saw in me," Kirby said. "But I am so grateful to her. She's a dynamic example of how a woman should be. It was extremely exciting and I got to meet so many amazing people."

Kirby said being present for the speech was incomparable to watching it on television. Sitting directly above Congress, she was able to see the various reactions from the country's legislators.

"It was a great learning experi-

ence to see what Congress' reactions were to President Obama's speech," she said. "It was an interesting dynamic. The Republicans would stay seated sometimes when the Democrats would stand."

Freshman English major Marlena Woods said she noticed the sometimes aloof attitude of the GOP as well.

"I think his speech was eloquent, but obviously not moving enough for the skepticism of the Republicans," Woods said. "I saw the Republicans texting during the address and how they didn't clap—utterly disrespectful."

In the speech, the president said he will revive the economy and "build a new foundation for lasting prosperity."

Additional reporting by
Omari Evans, Staff Writer

Former Mayor Receives New Kidney at HUH

BY LAUREN GASPARD
Contributing Writer

Former District of Columbia Mayor Marion Barry is now resting comfortably, after undergoing emergency kidney transplant surgery on Friday. The surgery was completed at Howard University Hospital (HUH) late Friday night, with a press conference on the following Saturday to discuss his progress.

The surgical physician explained that Barry is doing very well and the surgery went well also. Barry's new kidney was donated by a 47-year old woman, who is also resting comfortably.

Clive O' Callender, the transplant specialist who performed the surgery, said the surgery began a little later than the scheduled time, beginning with the donor and ending with Barry.

Barry has been receiving dialysis treatments everyday for the past three months, as a result of his severe diabetes and hypertension which he has been dealing with for over 20 years. The former mayor also has a history of crack cocaine use and alcoholism during his tenure as D.C. mayor.

A routine kidney surgery takes no less than five hours, but is sometimes prolonged to monitor the current health conditions of each patient. In Barry's case, doctors had to pay special attention to his diabetes and hypertension since it involves the function of the heart as well.

Barry exposed his health problems after being charged by the federal government for failure to file taxes in fall 2007. Prosecutors placed Barry under tax probation for the past two years, and he has filed taxes ever since.

Barry was sent into

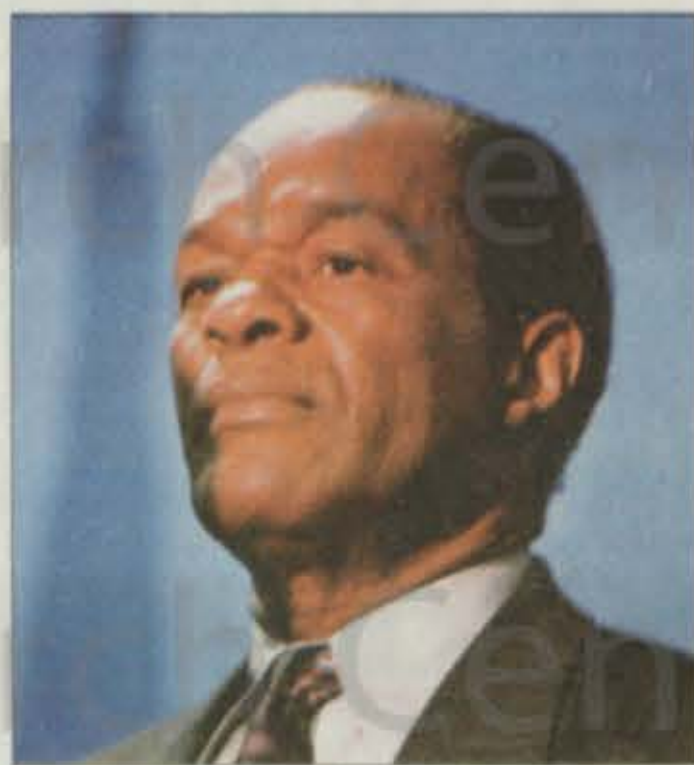
the operating room with a prayer, and well-wishing pep talks from both his mother and son. After the procedure, flowers were sent and a host of visitors came in support of Barry to encourage a successful recovery.

Barry's new kidney will be continuously tested until his release. O' Callender said monitoring the new kidney for a few days prior to release is to ensure that it will operate correctly under normal bodily function.

Recovery from the transplant takes up to five days, and Barry is said to be right on time. A statement released by the university stated O' Callender has been monitoring Barry and he is recovering comfortably.

According to the release, if he continues at a smooth pace, he should be released as early as today, Thursday at latest.

"Although he's done dirt, no one deserves to be in bad health," said Janice Coley of Northeast, "especially with a kidney transplant. I think I speak for all D.C. residents in saying that we wish him a smooth recovery."



Chuck Kennedy (MCT)

Former D.C. mayor, Marion Barry underwent a successful kidney surgery and is resting.



D.C. will use solar panels to harness clean energy for schools and businesses in efforts to go green.

D.C. Businesses, Schools Go Greener

BY CHRISTINA L. BURTON
Contributing Writer

In efforts to spur the efforts of greening the city, Washington, D.C.'s government environmental sector is offering up to \$33,000 to the city's residents, businesses and private schools that will install renewable energy systems in their buildings.

The District Department of the Environment (DDOE) announced the availability of up to \$2 million per year through the Green Energy D.C. Renewable Energy Initiative Program.

According to the department, the program is the first in a series to

push for cleaner energy technology.

The first \$2 million this year will be given to businesses and schools that aim to incorporate solar photovoltaic and wind turbine systems into their buildings.

Solar photovoltaic, or PV, is a technology that uses solar cells from the sun for energy by turning the sunlight into usable electricity.

Wind turbines, which also produce electricity, are normally seen in rural areas or in areas with a lot of land, but vertical axis wind turbines, for instance, are the kind that sit on the ground or on a rooftop.

"The District's rooftops are an

amazing, untapped resource for clean, renewable energy," said George S. Hawkins, director of DDOE. "It's exciting to be able to offer more incentives than we ever have before."

According to DDOE, the amount of funding depends on the amount of electricity a building's energy system generates. The systems have to be finished six months after the funding application is completed.

The department said it will be able to offer the same incentives for solar thermal, geothermal, biomass and methane recovery systems in several months. The program will cease in 2012.

Government Uses TARP Funds to Kick-Start Economy

Troubled Assets Relief Program funds are being called upon to help failing businesses and corporations

SASHA QUINTANA
Contributing Writer

The Troubled Assets Relief Program (TARP) under the Emergency Economic Stabilization Act is just one part of the many efforts to relieve the deepening recession.

The newly introduced Homeowner Affordability and Stability plan is a part of President Obama's plan to help add additional security to the housing market.

The U.S. Department of Treasury is utilizing TARP funds to aid in the reformation of several dwindling entities including the automotive and the banking industries.

According to the official 169-page Emergency Stabilization Act originally passed in January 2008, the purpose is "to immediately provide authority and facilities that the Secretary of the Treasury can use to restore liquidity and stability to the financial system of the United States."

Since it was initiated in 2008, \$5.33 billion of TARP funds have been allocated to 359 banking institutions across the United States and Puerto Rico in an effort to soak up bad debts and restore banks in good standing under the Capital Purchase Program (CPP), according to a release from the U.S. Department of Treasury.

The Legacy Bancorp of Milwaukee, Wis. is just one of the banks that received funding through the CPP.

Obama recently introduced the Homeowner Affordability and Stability plan in an effort to protect the housing market from foreclosures.

The plan is set to administer \$75 billion through the Homeowner Stability Initiative to help between 7 and 9 million homeowners to avoid foreclosing by revising mortgages.



Funds from the Troubled Assets Relief Program (TARP) are being used to alleviate some of the financial woes plaguing U.S. businesses. The U.S. Department of Treasury, led by Timothy Geitner (above) hopes to assist the banking and automotive industries with the funds.

During his visit to Arizona, Obama announced "this plan will not save every home, but it will give millions of families resigned to financial ruin a chance to rebuild."

According to Obama, homeowners who have received their mortgages from Freddie Mac or Fannie Mae will be able to refinance their mortgages at lower

rates.

The plan will also aid homeowners on the verge of foreclosure due to subprime lending, bringing down the cost of their monthly payments to 38 percent or less of their total income.

Once homeowners begin making on-time payments, other incentives will be introduced such as mortgage reduc-

tion payments up to \$1,000 each year for three years based on the contingency that the homeowner does not default on their payment schedule.

Concrete details of the Homeowner Affordability and Stability Plan will be announced on March 4.

Associate Accounting Professor Louis Stewart supports the Federal Gov-

ernments effort to rejuvenate the falling economy by using TARP funds to absorb bad assets in the banking industry and aid homeowners with the Homeowner Affordability and Stability Plan.

"Unregulated enterprise is what got us into this mess," Stewart said. "Captains of the industry bought mortgage securities which now prove to be worthless."

According to Stewart, "it's very important that the government do something major and something quick, but it's not my expectation that it will solve some of the long term structural changes in the economy."

Honors Economics Professor Emily Blank, Ph.D., agrees. She said the Bush Administration had poor accountability and unregulated spending.

Daryl Harris, Ph.D., interim department chair of the Political Science Department said, "There are difficult days ahead."

Harris expressed his concern with the African-American community and how they will be affected by the Homeowner Affordability and Stability Plan specifically and the Federal Government's role in cleaning up the economy.

"The black community has been traumatized — there's literally blood in the streets," Harris said. "We're talking 18 percent to 20 percent unemployment rates in the African-American community and that's conservative data."

Harris believes the Federal Government must play a role in the restructuring of the economy adding that the government will need to invest billions in order for the economy to see any significant changes.

"There's a value in regulation, we should not allow the profit mode to trump the community," Harris said. "The free marketers are thinking about money and living large."

Little-Known Figures in Black History

Robert S. Abbott: Newspaper Mogul

BY JACQUELYN ROSS
Contributing Writer

Little did Robert S. Abbott know when he started *The Chicago Defender* newspaper with only 25 cent, he was creating one of the largest and most influential newspapers ever.

The son of two former slaves, Robert Sengstack Abbott was born on Nov. 24, 1870 in Frederica, St. Simon Island, Ga. From 1892 to 1896, he studied print trade at Hampton Institute, now Hampton University, and received a law degree in 1898 from Kent College of Law. Because of segregation, Abbott was unable to establish a law practice, despite his attempts in Chicago, Topeka and Gary, Ind.

The Chicago Defender was founded by Abbott on May 5, 1905 in his landlord's kitchen. The initial issues were about four pages, filled with articles gathered from other newspapers or local news collected by Abbott himself.

Sandra Aya Enimil, an intellectual property manager at *The Chicago Defender*, said "[Abbott] started the paper as a vehicle for African Americans to read about news catered to them; and it continues to do that today."

Five years after its launch, Abbott and J. Hockley Smiley, the *Defender's* first full-time employee, began to attract national attention. By using eye-catching headlines, shocking articles and dramatic cartoons, *The Chicago Defender* began to publish stories about the everyday discriminations faced by blacks.

That sensationalism expanded the paper's audience beyond Chicago, as blacks all over the nation became avid supporters.

Because of its outspoken views on injustices endured by blacks, white distributors refused to make *The Chicago Defender* available in several areas, especially the South. As a result, Pullman porters and traveling entertainers snuck the newspaper into Southern regions. By 1917, the majority of *The Defender's* readers were outside of Chicago and an estimated 500,000 people read it weekly.

Around this time, Abbott and his writers began using the *Defender* as a way to encourage blacks from the segregated South to leave jobs in Northern cities during World War I, resulting in the Great Migration. The paper's efforts were successful: in just three years, the population of blacks in Chicago tripled and the black population grew in many other Northern cities. The paper also attracted the work of writers such as Langston Hughes and poet Gwendolyn Brooks.

"[Abbott] opened the doors for people to start publications such as *The Hilltop* so many years later," says Terra Johnson, a sophomore broadcast journalism major. "I would like to hopefully one day have a part in journalism and people like him have made a way for me to have so many opportunities to do that."

Abbott died Feb. 20, 1940, after being diagnosed with Bright's disease and suffering from complications that affected his kidneys. Fifteen years later, *The Defender* became a daily newspaper.

Karyn Bryson, a freshman psychology major, said she had never heard of Abbott.

"I feel like a lot of black founders and entrepreneurs aren't given proper recognition," she said. "I should have known who he was."

Today, *The Defender* is now a part of Real Times Inc., the nation's largest black owned and operated newspaper organization, and is still using its publications to help strengthen and encourage the black community. Those now working for *The Defender* continue to ensure the paper upholds the qualities it had when it was first created by Robert Abbott in 1905.

Abbott and *The Chicago Defender* make up just one piece of a larger puzzle known as the black press. With *The Freedom's Journal*, the first black-owned newspaper founded by Samuel E. Cornish and John B. Ross in 1827, blacks have been able to tell their own stories about their struggle for freedom. Today, the black press consists of over 60 newspapers in 25 states.

Fast Facts about Robert S. Abbott

- He attended Hampton Institute.
- Graduated from Kent College of Law.
- Founded the Chicago Defender with 25 cent.
- Encouraged black people all across the country to come to the North, also known as the Great Migration.

Sterling Allen Brown: Teacher, Poet, Writer

BY SIMONE BERRY
Contributing Writer

Tucked away in the Manuscript Division in the Moorland-Spingarn Research Center lies the papers of a man whose name is unknown by many, whose legacy is prevalent and whose influence is great.

Tucked away lies the works of this little-known black history figure, Sterling Allen Brown.

Born on Howard University's campus in 1901, Brown swiftly climbed the ladder of academia and graduated at the top of his class at Dunbar High School in Washington, D.C.

From Howard University he came and to Howard University he returned.

After Brown received his bachelors' degree in 1922 from Williams College and his masters' degree in 1923 from Harvard University, he taught at several black colleges and universities and eventually made his way back to Washington, D.C. to become a professor at Howard University in 1929.

Brown was also appointed as the first poet Laureate for Washington, D.C. in 1984.

Brown influenced many of the greats that walked Howard University's campus such as Ossie Davis, Zora Neale Hurston, Kwame Ture, Toni Morrison and Kwame Nkrumah.

"He was the first to teach an African-American course at the college level," said Yashmin Y. DeGout, Ph.D., associate professor in the English department. "He taught people like Zora Neale Hurston and Amiri Baraka, and influenced a generation of writers, if not more than a generation."

DeGout is the faculty advisor for the Sterling Allen Brown English society and is also a part of the Sterling Allen Brown Literary Society, a faculty society.

Kelly McCray, a senior Greek and English double major, is the president of the Sterling Allen Brown English Society. She said Brown's contribution to literature was the way he used

folklore and dialect.

"The Sterling Allen Brown Society focuses on a lot of authors who were influenced by Brown," McCray said. "We remember his legacy by trying to provide the same mentorship that he did."

A teacher, poet and critic, Brown's web of influence is still being spun at Howard University. One of his most noted poems, "Southern Road," had a great influence on junior psychology major Brittany Moses.

Moses said she read poems by Edgar Allan Poe and Robert Frost in elementary school, but when she read "Southern Road" by Brown in middle school, she gained an immediate interest in poetry.

"After I read 'Southern Road,' I started to love poetry because I discovered that it didn't have to be written in a formula," Moses said. "I could write poems the same way I spoke to my friends and it could still have influence and meaning."

Brown's legacy still lingers at Howard today. The library database system, also known as the Sterling system, is named in his honor and Founders Library is a literary landmark that celebrates his life and works.

He is celebrated in English classrooms throughout the nation and at Hearts Day, a commemorative conference celebrating African-American literature held annually at Howard University.

"The purpose of Hearts Day is to draw writers in who have been influenced by Brown, either directly or indirectly," DeGout said. "It's not only to highlight the achievement of that author, but it's a fund raiser in an attempt to endow a chair in Sterling Allen Brown's name."

Junior public relations major Nia Challenger said she feels that the legacy of Brown is something that many Howard students know little or nothing about.

"Sterling Brown was a great man who did so many great things at Howard University," Challenger said. "I think that students should make an effort to know what people like him contributed so that they themselves can continue the legacy at Howard."

Fast Facts about Sterling Allen Brown

- He was born on the campus of Howard University.
- He taught Zora Neale Hurston and Amiri Baraka.
- He earned a master's degree from Harvard University.
- The Sterling library system at Howard University is named after him.



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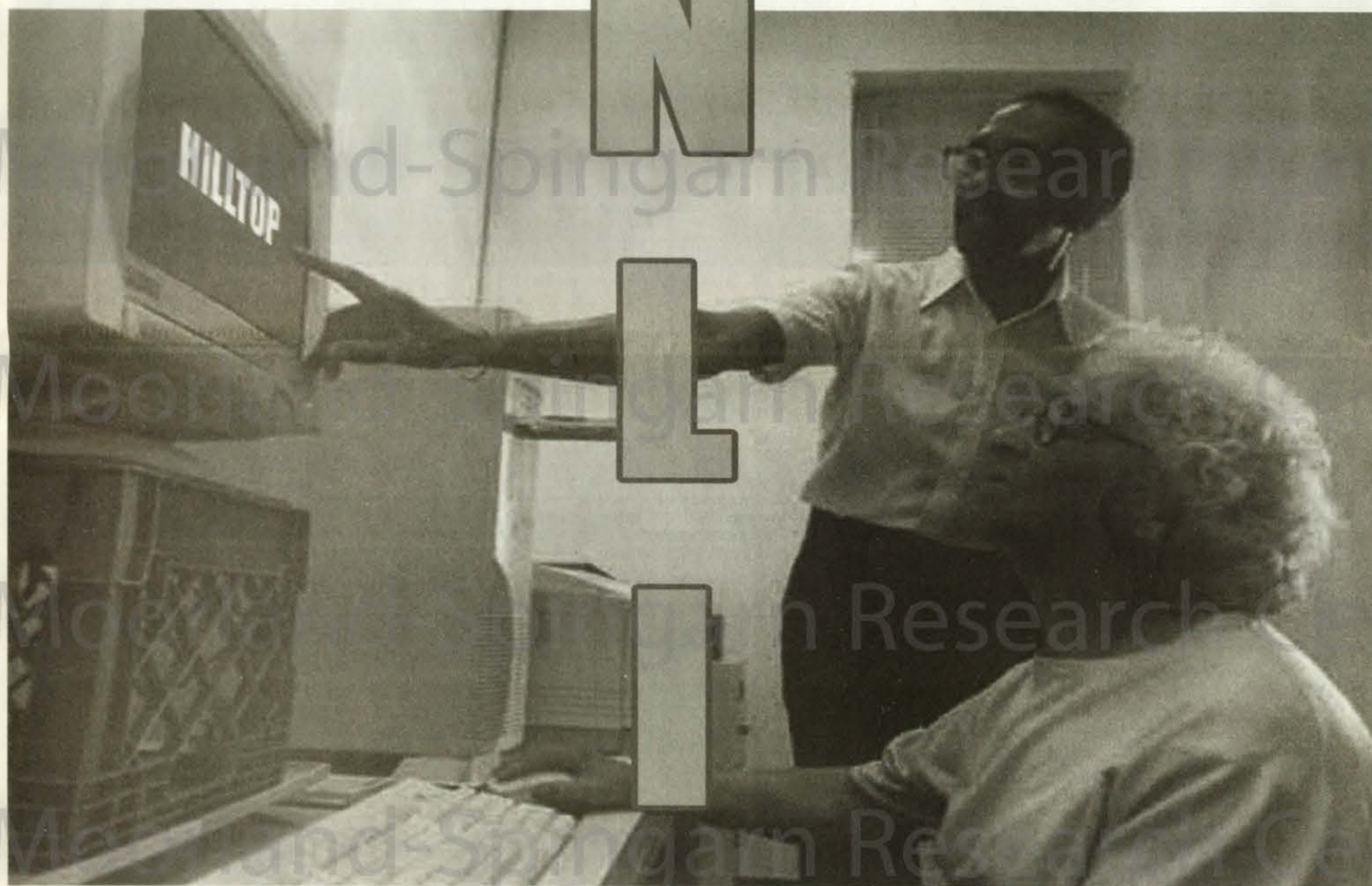
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Students Dance Their Way to Fit, Healthy Lives

BY OLAJUMOKE OBAYANJU
Contributing Writer

Practices everyday that include sit-ups, push-ups, leg lifts, stretches and running are just a part of a normal schedule for Justine Carter. However, Carter does not play basketball, volleyball or run track — she dances.

"Dancing isn't a sport, but it definitely keeps you fit as an athletic sport would," Carter said. "It has a lot of athletic components too that people usually never believe."

A sophomore psychology major, since 3 years old, Carter has grown up learning the dance forms of tap, jazz, modern dance. Carter is the physical example of the positive effects dancing has on fitness.

"I really never participated in many sports," Carter said. "Dancing was all I needed."

Though dancing cannot be compared to impact exercises and fast-paced sports, it is comparable to activities such as cycling, aerobics or jogging.

Depending on the type of dance an individual chooses, they can potentially lose an abundant amount of weight.

"Dance is an exercise and a constant movement," said Naima Blakes, a junior biology major. "It gets you sweating and keeps your heart beating."

Similar to Carter, Blakes began studying ballet, jazz, tap and liturgical dance at a very young age.

Dancing became popular as a sexist art that mostly women enjoyed;

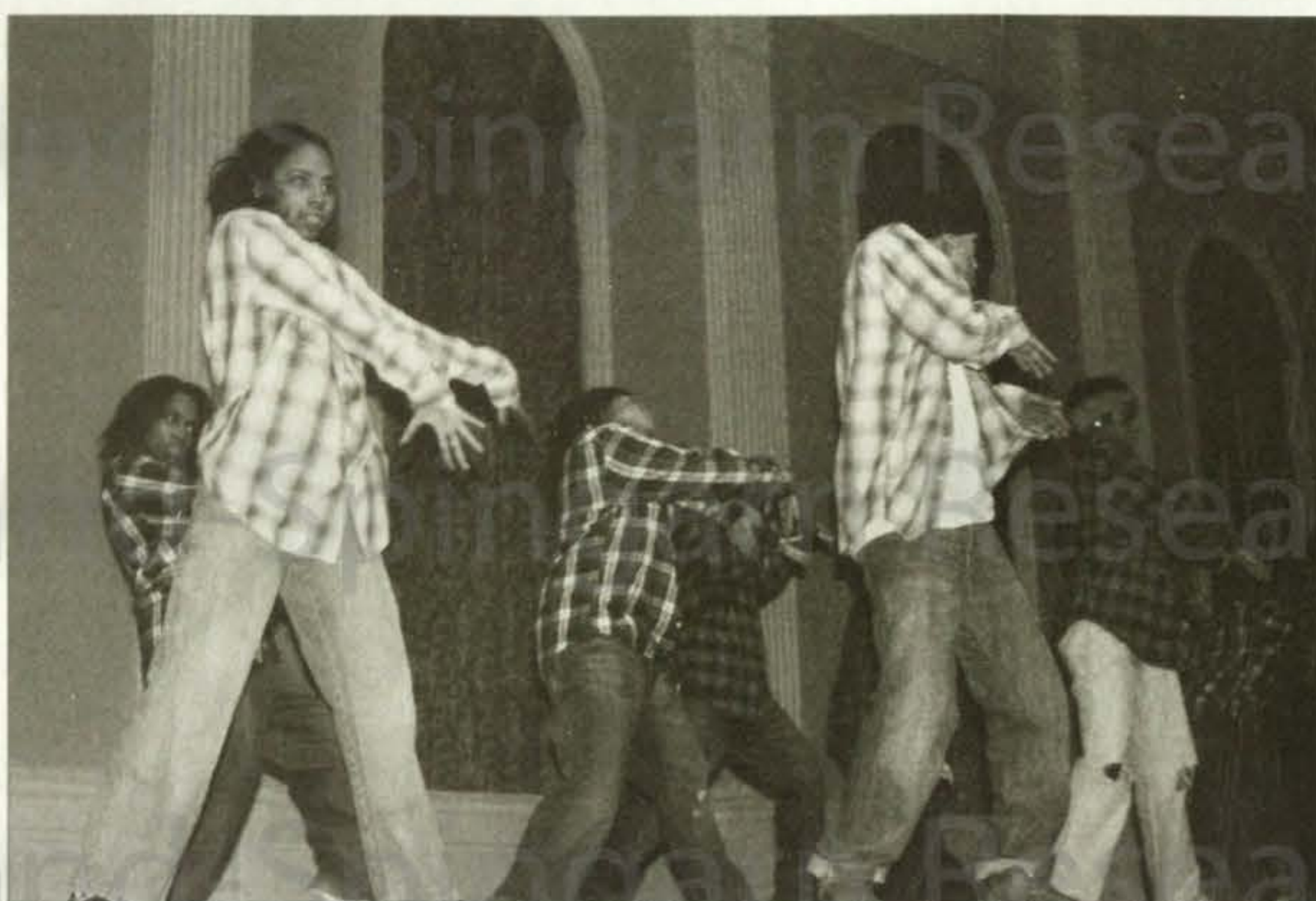


Photo Courtesy of Bree Gant

Vizion Dance Team (above) is one dance group of Howard's campus. More students are using dance as a method to stay in shape and get fit. Fitness gyms such as Bally Total Fitness and the Washington Sports Club offer dancing classes as well.

however, in recent years the amount of men who participate in dance has increased.

John Knight, a sophomore television production major, has been

dancing since he was very young but says Howard's own Vizion Performance team is the closest to professional dancing he's ever done.

"Males that can dance of course

can be subjected to a lot of biased opinions," Knight said, "but for me, people actually love the fact that I dance because they see it's a true passion of mine."

Knight represents the male population who do not have to play a sport to remain fit.

Dancing has developed into a common form of exercise and can be seen as a modern fitness technique in many gyms.

Bally Total Fitness, a local gym, holds classes such as ballroom dancing, hip-hop dance classes and aerobics. The classes are \$5 for members and \$8 for guests.

For students who worry about gaining the college pounds, and not having a healthy diet, dancing serves as a new alternative.

"I dance to express myself, to release stress and especially to remain fit," said sophomore print journalism major Kendra Handy.

While people enjoy dancing because of its popular appeal, many are not aware that they are simultaneously staying in shape, and of the number of health benefits the activity brings.

Dancing tones the body, improves balance, advances stamina and flexibility and helps one lose weight. It is also extremely advantageous in strengthening the body.

Besides the inexpensive aspect of dancing, it also serves to be easy and convenient versus playing an athletic sport. One can dance in the privacy of his or her own home, and remain fit in an enjoyable manner.

"I love dancing," Carter said. "I stay healthy and stay fit, while simply enjoying myself."

Hyde Seeks to Inspire, Uplift Students

BY MAYA RHODAN
Contributing Writer

William Hyde's resume is just as overwhelming as it is intriguing. Although the practicing attorney and Howard University Sports Law professor has only been teaching at the university for seven years, Hyde has become a well-known practitioner of the law.

Hyde comes from a long line of Howard graduates. Both his father and mother attended Howard and his grandfather, Chauncey Cooper, was a renowned pharmacist and the first black Dean of Howard University's School of Pharmacy. Hyde's Howard legacy and high standards for academic excellence are what first led him to come to Howard, but also influenced him to return to teach.

"I came to Howard [as a student] because it answered the questions 'Why

would I go to law school? What is the point?' Howard was that point," Hyde said. "Howard has a civil rights history and it made sense for me to come as a future black attorney."

Hyde, a D.C. native, spent a couple of years working in D.C. shortly after graduating as a law clerk for Chief Justice William Bryant of the District Court of D.C. His experiences there helped him launch his career in entertainment and corporate law, which began when he served as an associate at Gibson, Dunn, & Crutcher, one of the top three law firms in Los Angeles.

At a time before Martin Luther King Jr. was nationally recognized as an American and Civil Rights hero, singer and songwriter Stevie Wonder organized a march in D.C. to get MLK's birthday recognized as a national holiday and Hyde stood at the forefront of solidifying the contractual and bond work necessary to make the march a success. Hyde's work

with Wonder and the march led to the true beginning of his highly successful entertainment law career.

"I became known as Stevie Wonder's lawyer, even though I was one of few," Hyde said. "And that attribution helped me get into working on films and assisting with the launch of Island Picture's black film division. We produced and promoted what was, at the time, new-age black cinema, which portrayed ordinary blacks in ordinary situations as opposed to the ever-popular exploitation films."

His work in the film industry led to increased recognition amongst entertainers. However, Hyde's work with athletes was what truly distinguished him in the field of law.

Hyde, a Princeton graduate, has served as representation for athletes in almost every major sport excluding baseball and wrestling. His clientele include recently retired Raven's starting left tackle Jonathan Ogden and Michael Vick of the Atlanta Falcons, although Hyde isn't big on name dropping.

"Sports law isn't hard," Hyde said. "It isn't Supreme-Court-Justice type work, [however] attorneys in my line of work need to be adequate and thorough. I work in the best interest of my clients."

Keeping his clients' best interests in mind, Hyde has maintained a reputation as an effective attorney in his field and a respected man in business, and has done so by following the words of an old professor.

"I use a philosophy taught to me by one of my Howard law professors, James Cobb, who stated 'Pigs get fat and hogs get slaughtered,'" Hyde said. "Meaning, working with less clients well is better in the long run than working with many and doing a [bad] job. Top clients don't even want their lawyer to work for a lot of people. This shouldn't be a volume practice."

In 2002, Hyde took on

Famous Clients of William Hyde

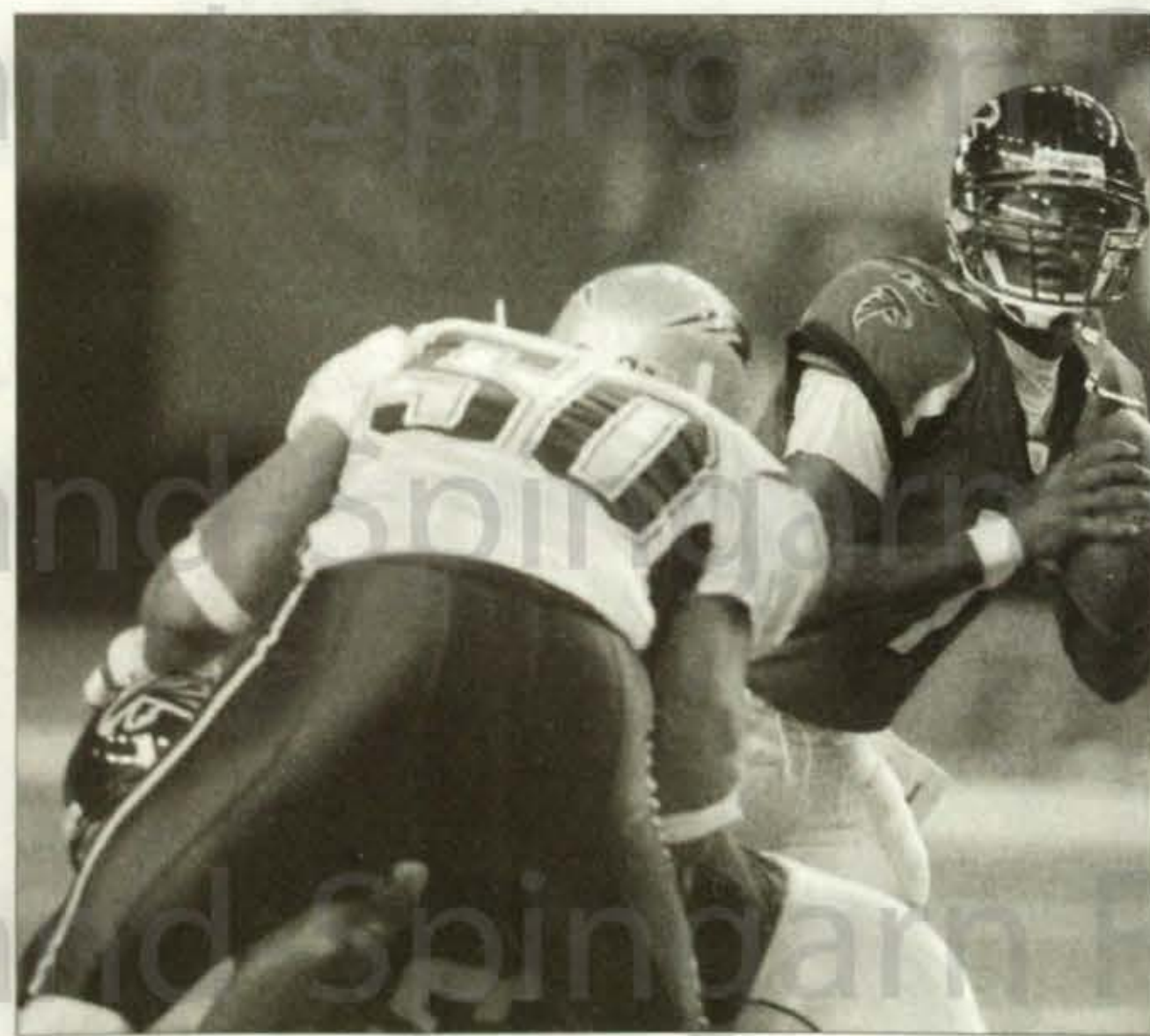
- Mike Vick
- Jonathen Ogden
- Stevie Wonder
- Allen Iverson
- Dominique Dawes

a new venture and accepted a position to teach Sports Law at Howard University upon the request of Marshall Banks, Ph.D., professor and former chair of the department of Health, Human Performance and Leisure. As a former Howard student and experienced sports and entertainment lawyer, Banks knew that Hyde would have something important and distinctive to offer Howard students.

"I came to Howard because it's critical. African Americans that have the opportunity to share something unique and beneficial to future professionals seldom do," Hyde said. "I have fought and am still fighting to help blacks in entertainment realize that they should have blacks represent them. I come here because students don't realize that the others around them in class can end up being the next Puffy or NFL star."

Hyde believes that networking is one of the most important factors for success within the professional world. He has served on the board of directors of the Black Entertainment and Sports Lawyers Association for 14 years and sees Howard as the epicenter of professional and networking opportunities.

"Spike Lee and John Singleton come to Howard to find out what's up and coming," Hyde said. "It is the incubator for new, exciting ideas. It is a really unique place in a unique city. I can't think of a better place to come help students learn to accurately represent people that do well in their disciplines and help students utilize the Howard network."



Curtis Compton-Atlanta Journal-Constitution (MCT)

Howard sports law professor William Hyde has represented many different celebrities in the sports and entertainment world. He previously represented Michael Vick of the Atlanta Falcons (above).



Athletics Take the 'Express' Route

BY COURTNEY MIMS
Contributing Writer

Members of the Bison Express facilitate in making certain that the student athletes, the devoted marching band members and the cheerleaders all have the finest athletic and collegiate experience feasible.

Furthermore, the Bison Express, an support-generating, umbrella organization, takes on the task of overseeing fund-raising efforts and extending themselves from just supporting physically at the games to supporting financially.

Some members of the Bison Express have donated tens of thousands of dollars to Howard University athletics, a feat that should not go unnoticed.

Each member of the Bison Express joins at a different level. The lowest being the stampede and the highest being the buffalo soldier. With their donation, each member is offered season tickets and given the opportunity to purchase reserved parking tickets and extra Homecoming tickets at discounted prices.

Above and beyond everything else, members of Bison Express also aim to connect alumni, parents and friends with Howard University Athletics, with the hope of achieving and maintaining excellence in intercollegiate athletics.

Sports Trivia!
Who threw the pitch that Hank Aaron hit for home run 715?

Answer:
Al Downing of the Los Angeles Dodgers.

TODAY IN SPORTS HISTORY

February 25, 1989

Mike Tyson knocks out Frank Bruno in round 5 to win the heavyweight title.

Courtesy of www.todayinsports.com



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Notorious B.I.G.

"Money Ain't a Thing"

Jay-Z & Jermaine Dupri

"Creep"

TLC

"The Boy is Mine"

Brandy & Monica

"Nice and Slow"

Usher

"This Is How We Do It"

Montell Jordan

- compiled by the Hilltop Staff

Caught in Style

Leather Jackets

"Price doesn't really matter."



Who: Nadene Howard, senior, fashion merchandising

Caught: The Yard

What are you wearing?

Royal Blue and Black Striped Sweater, Thrift Store

Black Cardigan, H&M

Wide Leg Dojo Seven Jeans, Nordstrom

Royal Blue Heels w/ Buckle, Nine West

Black Leather Jacket, Arden B

Black Leather Handbag, Nordstrom

Jewel Studded Gold Cross Pendant, Gift

Large Gold Hoop Earrings, Forever 21

So where do you frequently shop?

Everywhere. Everywhere from thrift stores to higher-end department stores to lower-end mass merchandisers, like Target or Loehmann's.

Do the price differences between these places affect you?

It depends on what it is, to be honest. Price doesn't really matter. If it's something that I really want and I know I can't get it from anywhere else, then I'll get it.

Doesn't that cause some issues being on a college-student budget?

No, well I'll beg my boyfriend to get it for me, and he'll get it for me.

Doesn't that cause even more issues?

Yeah, all the time. It causes arguments. I can't save money; I can't budget. He doesn't like to give me money, but it's gotten better. It's gotten much better.

So how would you describe your style?

My style is more like how I feel that day, like if I want to look vintage, if I want to look preppy, if I want to look grungy, if I want to look modern chic. It just depends on how I feel that day and how I throw things together.

"I really like to travel."



Who: Carmelle Kendall, junior, marketing

Caught: School of Business

What are you wearing?

Black Leather Jacket, Macys

Velvet Cropped Jacket, Thrift Store

Black Knit Dress, Express

Black Patterned Tights, H&M

Riding Boots, Bloomingdale's

Earrings, Gift from grandmother

Obama Canvas Tote, Street Vendor

I really like to travel, so I like to get things from everywhere that I go. I studied abroad in Japan last year and I've been to Africa and Mexico.

So what is their culture like, in terms of fashion?

Well Japan is really like based on hierarchy, so they try to dress to their best everyday to present their [status]. Here, we're more into everybody being on the same level, so we don't really care about trying to impress people.

So did you get any comments on the way that you dress?

They're really shy so they don't like to show a lot of skin, so I guess when I went I had like tank tops and tube tops and they'd be like "Oh my God, you're showing a lot of skin," and I mean that's what I'm used to so I didn't try to dress differently.

Did you pick up anything interesting while you were there?

I got some cool kimonos.

Do people still wear kimonos often there?

Yeah, people do wear traditional kimonos. You see mostly like older women, they wear traditional kimonos. Sometimes for festivals and everything, people dress in kimonos so you do see people walking around in kimonos but most of the time it's everyday clothing.

"I really like the way that [Michelle Obama] dresses."



Who: Courtnei Lamar, freshman, political science

Caught: Douglass Hall

What are you wearing?

Black Leather Jacket, Store in New York

Black & White Obama Tee, Street Vendor

Yellow Patent Purse, Aldo

Skinny Jeans, Forever 21

Black & White Nike Sneakers, Nike Outlet

Being a freshman, have you found it hard to balance school and Howard's abundant extra-curricular activities?

Actually no, because I was actually interested in Pan-Africanism [earlier], since my major is political science. So, for the class I'm interested in, I just stay focused.

I see you're wearing an Obama shirt. How do you feel about his recent inauguration?

That day, I actually had the flu, but I still woke up and got on the Metro and still went out there. How do I feel about it? I feel great.

Are you a fan of Michelle's clothing choices?

I like her. People talk about her, saying that she can't dress. I really like the way that she dresses. It's really like classy, really put together.

Do you think she'll be the next Jackie O?

I don't know if it's that distinct. I don't know if it's show-stopping, but maybe.

- Photos and interviews compiled by Eboni Washington, Contributing Writer

Life Still Sweet For Youth After Diabetes Diagnosis

BY ALEXANDRIA HOLT
Contributing Writer

Imagine being at the beginning stage of your teenage years and suddenly finding out that you have been diagnosed with diabetes.

For most young people at the age 13, being diagnosed with diabetes would have come as a scare, but for Charles Beaulieu, now a sophomore nutritional science major, life could not be much better.

"I was definitely shocked, it came as a surprise," Beaulieu said. "But I did have a friend, back then that had diabetes as well, so I was semi-informed about it."

After about a month of having symptoms of being very thirsty, making frequent trips to the bathroom and losing approximately 90 pounds, Beaulieu's mother decided to take him to the doctor.

After several tests, he was diagnosed with Type 1 diabetes, most commonly diagnosed in teenagers and children.

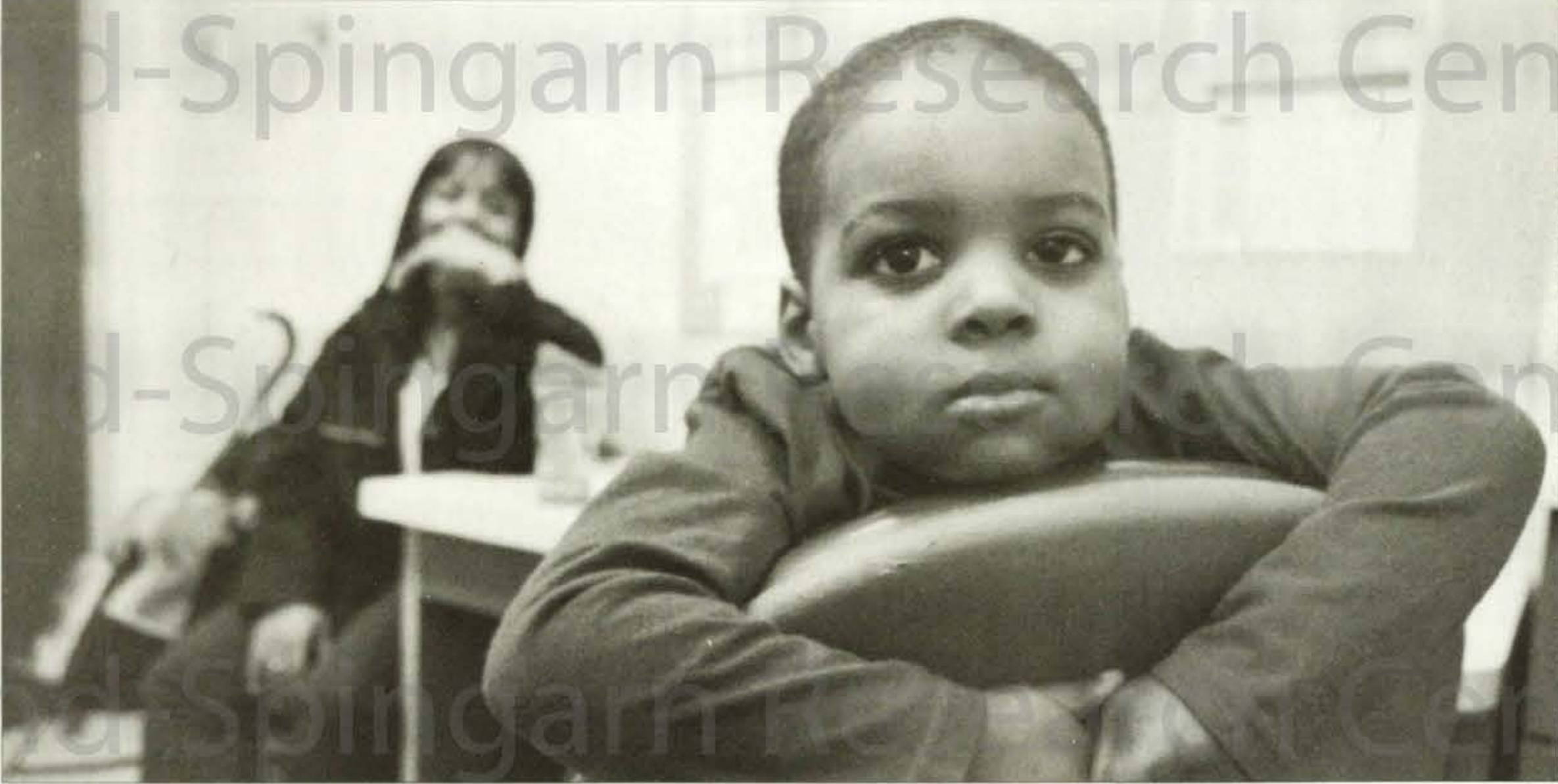
"I think my mother had more emotion than I did," Beaulieu said. "She is pretty calm about it now, though."

Although Beaulieu is living with Type 1 diabetes, often called "juvenile diabetes," he does not let the disease affect his daily life.

Every day, he makes sure that he wears his insulin pump, which, throughout the day, produces insulin within his body so he does not have to manually inject himself. He watches his daily diet by modifying carbohydrates, drinking diet sodas, not eating very sugary foods.

"It is not difficult at all," he said. "I mean, it's all I know."

There are two major types of diabetes. Type 1 is a result of the body's failure



As a part of his daily routine, Yanaan, 3, who has Type 1 diabetes, has his blood sugar frequently monitored. Those diagnosed with diabetes must be careful to maintain good health.

ure to produce insulin, a hormone that is needed to produce glucose and energy for the body to function properly.

According to the American Diabetes Association, Type 2 diabetes is the most common type of diabetes, found mostly in African Americans and other minorities.

Similar to Type 1 diabetes, Type 2 diabetes does not allow the body to produce enough insulin or the cells ignore the insulin.

Approximately 3.7 million, or

14.7% percent, of all African Americans aged 20 years or older have been diagnosed and are 1.6 times more likely to have diabetes as a non-Hispanic white.

Beaulieu has been able to help many people in different ways since being diagnosed. He was featured on the television network MSNBC, on the show "D-life," to discuss living with diabetes.

"I was about 14 or 15 years old, and my doctor recommended me to be featured because he said I was taking care of myself very well," he said.

He also volunteered at a two-week program during the summer to help small children who were also diagnosed.

"Living with diabetes can be scary, but you just have take good care of yourself, and keep living life to the fullest," he said.

Some students on Howard University's campus have had an experience with a friend or family member with diabetes. Shani Crowe, a sophomore film production major, has a grandmother who is living with diabetes.

"She's loves to cook," Crowe said, "but my family has had to make adjustments to eating with her because she can not eat certain foods."

Sophomore broadcast journalism major Danielle Hopkins has a stepfather who was also diagnosed with diabetes.

"At first he hid it from our family, because he felt ashamed," Hopkins said. "I believe that people should want to know what they have, so they are able to get help and help others as well."

Careful Consumption of Canned Foods Important to Healthy Diet

BY SAYDEE BEN-DAVIES
Contributing Writer

There are more than 1,000 food products available to today's society because of the process of canning, which offers variety to those in need of a more convenient lifestyle.

However, these canned items are linked to several health problems. Normally, canning, a process that sterilizes food in sealed container, diminishes the possibility of contamination, which is usually not an issue when done correctly.

The process allows the canned food to last up to two years in homes.

According to the U.S. Food and Drug Administration (FDA), about 17 percent of the average American diet consists of canned foods.

"With school and work, I consider myself a very busy person," said Franchesca Thompson, a junior public relations major. "I refuse to spend hours in the kitchen; therefore I rely on canned foods and box items. It makes my life easier."

While canned foods are suitable to some, there is an issue of whether or not too much of it may be harmful to the body.

There is no expiration date for shelf-stable foods, or canned goods, because "the storage time for these foods," according to the FDA, "is a quality-related issue, not a food safety concern."

"I don't eat canned goods very often," said Saraya Wintersmith, a freshman broadcast journalism major. "I think the preservation chemicals that they use to extend the shelf life more than likely poses a health risk."

According to research done by the University of California-Davis, canned, fresh and frozen foods each contain important nutrients that contribute to a healthy diet, and solely preferring one over the other overlooks the benefits that each form offers.

The research also indicates that by the time the food is consumed, whether it has been frozen, fresh or canned, they may be alike nutritionally, but in most cases, with vegetables, the storage process of freezing is more effective than canning.

"The advice I would give to someone who's diet is based on canned foods is to read the label, look at the sodium content and calories because having a high-dosage of sodium is damaging to one's diet," said Lisa Beale, weight loss counselor of Dr. Beale's Medical Weight Reduction office.

But, when used properly, canned foods can be a part of a healthy diet. For example, an individual has the option to purchase canned foods that have low sugar, no sugar, low-sodium and no sodium.

But, if a canned item has been dented, bloated, or rusted it creates an

area for contamination and health risks.

"I have never gotten sick from canned foods," said Stephen Knox, a junior broadcast journalism major. "It could be due to the fact that after it has been sitting for so long, I get skeptical. To me, it seems like a potential health risks."

According to Jennifer Howe, holistic health counselor of Howe to Eat, "A person's diet shouldn't be based on canned goods alone." She said fresh foods are very important because they offer vitality and energy.

In March 2007, *Star-Ledger* reporter Amy Ellis Nutt wrote that certain canned goods such as fruits, vegetables and soup, which contain 200 times the traditional level of Bisphenol-A (BPA), may be linked to several health problems.

According to the Environmental Working Group, BPA, which has been linked to diabetes, prostate and breast cancers, infertility, obesity and asthma, is "a plastic and resin ingredient used to line metal food and drink cans." The longer a can sits on the shelf, the more the chemical is likely to leak into its contents.

The likelihood of getting BPA can be reduced if the intake of canned foods are cut back, or by also increasing the intake of fresh foods.



Store canned foods and other shelf-stable products in a cool, dry place. Never put them above the stove, under the sink, or any place exposed to high or low temperature extremes.

Lost In Wonderland



BY EDEN GODBEE
Contributing Columnist

Okay, you caught me. I've fallen victim to a sub-culture. It's called *The Secret* and it's a book geared toward realizing the ability to make your dreams come true through self-fulfilling prophecy.

I know it may seem like this book at-

tempts to cancel out religion, but it doesn't, so don't get scared yet. I must admit, I didn't read the book but I did watch the movie; don't judge me.

When this book came out a couple of years ago, my cousin went crazy over it. She advocated that each member of our family read this book because it would change our lives.

But, being that my cousin is one of those people who believe in anything, we choose to hold off and see exactly how much life changing this book would actually do. Sure enough, we didn't see changes external or otherwise so *The Secret* was safe where it was.

Now fast forward three years. I, a college junior with a lack of motivation and a serious procrastination problem, needed "a secret" before I, yet again, made a mess of my spring semester.

I went to church. I cried and prayed and strengthened my walk with Christ but still I wasn't getting anywhere. I was being

the condemned "Sunday Christian," and I expected God to change my situation with no work.

Then I decided to become proactive. I purchased a new planner and a gym membership. At the gym, I met a workout partner; when we worked out she seemed to be so carefree and happy, so I asked what her secret was and she recommended the book. So finally, after much ado about nothing, I watched the movie.

As I watched the movie I noticed that guy from Oprah's "New World" religion, and I stopped the DVD player. I became afraid because I thought this movie would indoctrinate some type of alternative religion into me.

So, I asked a friend to watch the movie with me. After we watched the movie, I felt like I had a new lease on life. The lessons in that movie made me realize that everything in life is what you make it. Although, we all have a destiny I believe that if we work hard for something, we'll achieve it.

Now, if you don't want to watch "The Secret," this is what I took from it: Life is growth and growth is progress. One absolutely cannot progress by being stagnant.

So, my advice to you is, get active, and live a little. Because the more you experience, the more you are exposed to and that, alone, will make you a better rounded individual and will also aid in your advancement in society.

I'm not going to go into any anecdotal accounts, but really do you and get happy about it. Don't hate others because they can bask in their hard work and you simply can't. Don't find strategic ways to hold others down using simple psychology and just plain haterade. Just make your life better; I've already given you the recipe.

Eden Godbee is a junior broadcast journalism major from Atlanta, Ga.



Howard offers unique experiences that shape its students and depends on alumni to give back to continue to do so.

HBCUs Cutting Back Due to Poor Economic Environment

The current state of our economy is taking a toll on more than just Wall Street executives and Congress. Out of the community of HBCUs across the country, Morris Brown College nearly got its water cut off again after barely being able to pay on a \$200,000 past due bill. Only 152 students are enrolled at Morris Brown and the school is in \$30 million worth of debt and like most HBCU's its alumni endowment is low.

Although Howard is not in threat of being shut down, our alumni endowment is low in comparison to the caliber of graduates that we produce.

Current students and alumni love to brag on the accolades of our school but do not give back as much as should be expected.

Not only does that impact the legacy of the university, but it also effects the value of the degrees

that certain students are pursuing.

Clark Atlanta also suffers from economic woes and had to lay off 100 faculty and staff members. The university also had to cancel all physical education classes. Neighboring Spelman College

tuition increase.

According to an article that appeared in the *New York Times*, the worsening economy has forced people to prioritize their investments and education is being second guessed by those who can not afford college tuition. Surprisingly, only 12 percent of blacks attend black colleges but "black colleges have produced 70 percent of all black doctors and dentists and 50 percent of black engineers."

As pre-alumni it will soon be our obligation to give back to the university that prepared us. In order for Howard to reap the benefits of successful alumni, it must first provide a way for current students to afford tuition increases and to graduate. HBCU's provide an invaluable education and learning experience.

Hopefully these historic institutions can adjust to the economy and continue to provide unparalleled education.

Our View:
The Howard Community needs to take steps to prevent the economic tragedies that other HBCUs face today.

has also had to lay off staff and has a \$4.8 million deficit.

Although Howard is increasing its tuition to be more competitive with schools like Spelman and Morehouse, our endowment of \$400 million makes us the richest school among HBCUs. However, it still is not enough to prevent a

Daily Sudoku

Directions:

Each row, each column and each 3x3 box must contain each and every digit 1-9 exactly once.

	1		8	5			9	3
		3				8	6	
6					4			
				9				
9	4		6		2		3	7
				8				
			3					6
	6	1				7		
7	5			6	1		4	

**Do you want to write for
The Hilltop?**

**Come to our next budget meeting!
Sunday @ 6 p.m. in the West Towers**

**Do you have an opinion
about something?**

Let your voice be heard!

**Send perspectives to
hilltopeditorials@gmail.com**

THE HILLTOP

The Nation's Only Black Daily Collegiate Newspaper

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Any inquiries for advertisements or Hilltopics should be directed to The Hilltop Business Office.

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Now in its 84th year, *The Hilltop* is published Monday through Friday by Howard University students. With a readership of 7,000, *The Hilltop* is the largest black collegiate newspaper in the nation.

The opinions expressed on the Editorial & Perspectives page are the views of the The Hilltop Editorial Board and those of the authors and do not necessarily represent Howard University or its administration.

The Hilltop reserves the right to edit letters for space and grammatical errors and any inappropriate, libelous or defamatory content. All letters must be submitted a week prior to publication.

The Hilltop prints everyday. The first 20 words are \$10 and .25 for each additional word.

All classifieds must be submitted and paid for 5 business days in advance.

We accept payment in the form of cashier's checks, money orders, and company checks. **NO CASH**

Any questions? Contact The Hilltop Business Office at 202 806 4749 or email us at hilltopbusiness@gmail.com.

PricewaterhouseCoopers (PwC) joins Howard University's National Association of Black Accountants and Beta Alpha Psi organizations to bring you a Black History Month observance to remember! Wednesday, February 25, 2009 Howard School of Business Auditorium, 2nd Floor 7:00 PM Student Performances Interactive discussion on preparing to enter an increasingly competitive job market Open dialogue with PwC Partners on the impact of Black History on their career success and advice for yours (Reception immediately following program) Join us to hear from PwC professionals who are living the changes, challenges and opportunities in the world of business and the relevance to you! For more information, contact Kim White at (703) 918-1925.

Final HUSA Debate.
3/2/09. 7:00 p.m.
Gramton Auditorium. MacBook will be raffled.

Golden Key International Honour Society, HU Chapter, presents:
2nd ANNUAL GOLDEN KEY WEEK

MONDAY, FEBRUARY 23
Make that Money (Financial Literacy)
7:00 pm - 8:30 pm
School of Business Auditorium

TUESDAY, FEBRUARY 24
What's Next? (Post-Undergrad Literacy)
7:00 pm - 8:30 pm
Douglass Hall Room 116

WEDNESDAY, FEBRUARY 25
Documentary Viewing & Discussion (Media Education Literacy)
8:00 pm - 10:00 pm
Cook Hall Lounge

THURSDAY, FEBRUARY 26
GK Social Night (GK Literacy)
6:30 pm - 8:30 pm
Melting Pot

FRIDAY, FEBRUARY 27
Black History Program (Ancestral Literacy)
7:00 - 9:00 pm
Blackburn Auditorium

SATURDAY, FEBRUARY 28
Community Service (Human Literacy)
Meet at Towers for Pickup

REFRESHMENTS WILL BE SERVED EACH NIGHT

Howard University Steering Committee 2009 Presents:
"Rhythm the Pulse of the People"
Applications are now available in the Office of Student Activities located in the Blackburn Center, Suite 117 All applications are due on March 13, 2009 by 2:00 p.m. in the Office of Student Activities

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Happy Birthday Bianca!!!

If you will be a Junior or Senior during the school year 2009-2010 have at least a 3.0 cumulative GPA, and demonstrated community involvement, then you are eligible for the Alpha Kappa Alpha Nellie M. Quander Memorial Scholarship. Applications are available at the Undergraduate and Founders Libraries, Office of Financial Aid and the Information Desk in the Blackburn Center. The application deadline is Wednesday, March 11, 2009.

Phi Sigma Pi Alpha Tau Chapter Endowment Fund, Inc. present the 2nd Annual Scholarship Gala Feb. 27th. Purchase tickets at attendowment.org for \$35

Join President Ribeau for a 'Pizza with the Prez' reception brought to you by the Purpose campaign. Thursday at 6pm in Truth Lounge.

Residence Life and Slowe Hall Present **HU Carnival 2009!**
Burr gymnasium Friday, February 27, 2009 7pm - 10pm
Monetary donation will be accepted HU ID required for entry
Music By Basement Knockers
Host: IPals and CSA

Do you want to work for The Hilltop next year?

Pick up an application for Editor In Chief or Business Manager in the Student Activities Office in Blackburn.

HOWARD UNIVERSITY DIVISION OF STUDENT AFFAIRS
OFFICE OF RESIDENCE LIFE

Resident Assistant 2009-2010 in university residence halls Positions

Qualifications: Undergraduate - Sophomore, Junior, Senior - 2.5 (GPA) average at the time of application submission. Residence Hall occupant for a minimum of one academic year, a record of active participation and positive leadership in hall programs and activities.

Responsibilities: R.A.s. work under the supervision of a Community Director, working a minimum of fifteen (15) hours per week, assisting with hall openings and closings, working with 40 to 60 students occupying a floor, assisting with hall programs and activities, attending all meetings called by the Community Director, and assisting with administrative responsibilities.

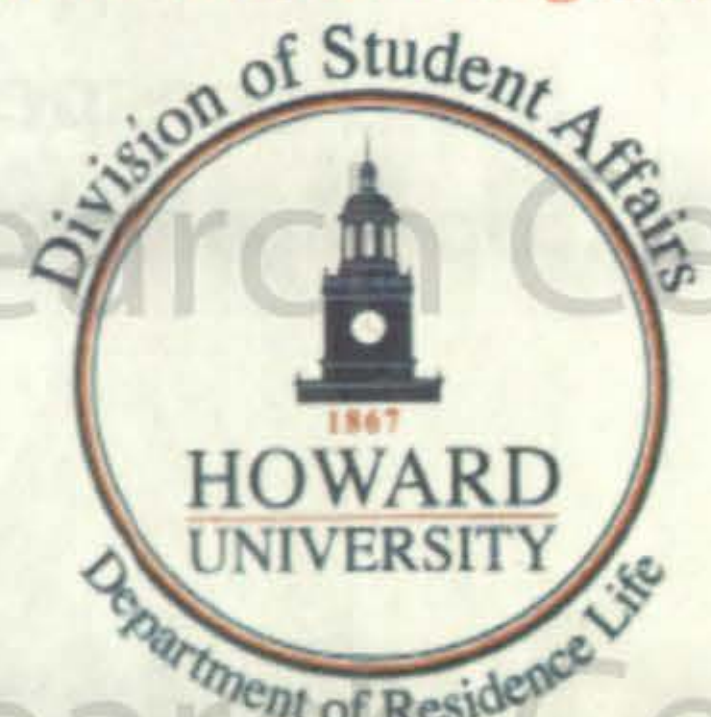
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